

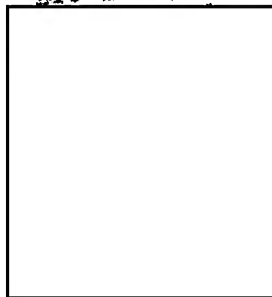
MEMORANDUM FOR THE RECORD

SUBJECT: Physical Fitness Program

1. The following officials met at 1430 hours 10 July 1964 in the Office of the Chief, Medical Staff on the subject of the proposed Agency Physical Fitness Program, and specifically, to hear Mr. Glenn Swengros from the President's Council on Physical Fitness:

STATINTL

Dr. Tietjen



- C/MS
- O-DD/P
- O-DD/I
- O-DD&T
- O-DD/S
- OGC
- O-Exec Dir/Comptroller
- OP
- C/CD/MS
- EMO/MS

2. Dr. Tietjen opened the meeting by describing to Mr. Swengros the general area of interest of each official present, and then invited Mr. Swengros to speak.

3. Mr. Swengros outlined the history of the council dating back to 1956. The present council has an annual budget of \$315,000. It is headed by Stan Masial who has four full-time staff members: a publicity man, an administrator, a Director of Federal-State Relations, and a Director of Program Development. Mr. Swengros is the latter.

4. Some 40% of the Council's efforts involves school programs, and indeed, until 1959 the Council was known as the President's Council on Youth Fitness. Now the Council has a wider range of interest that includes adults and the Armed Forces. The council has worked on specific physical fitness programs with the FAA and HEW, and would be interested in learning about the planned Agency program, not only for its own sake but with view to adapting our program experience to other agencies. The FAA program is essentially a "home-type" program wherein some 42% of a certain group of FAA employees volunteered to follow a home exercise program.

5. Mr. Swengros then described the philosophy of and the medical thinking behind the work of the President's Council. Since fifty-five per cent of all deaths in the USA involve coronary-related causes, the objectives of the council's efforts are to help the people of the country

in three vital physical respects:

- a. Muscular strength
- b. Muscular endurance
- c. Cardiovascular endurance

Medical science has demonstrated that regular moderate exercise is of great help in this regard. Moreover, such exercise develops the "collateral circulation" that in many cases prevents a heart attack from being fatal. Mr. Swengros explained that isometric contraction exercises are helpful toward muscular strength and endurance but are not beneficial toward improving cardiovascular endurance -- which is most important for adults.

Mr. Swengros suggested that exercise during working hours is better insurance that personnel are following the program. However, in response to [] question, he could not say whether or not on-duty time could officially be made available for exercising. He thought the Council might check this out with the Civil Service Commission.

6. Mr. Swengros then passed out to each official present an envelope containing pamphlets and brochures issued or endorsed by the Council. At Dr. Tietjen's request he submitted the following recommendations for establishing a physical fitness program:

- a. Get your people to play a game, hike, cycle, etc.
But first you must get them in shape for this.
- b. Organize smaller pilot groups from each component, give them some status, and have them set the example for a few months. Then ask for additional volunteers.
- c. Form clubs through the Employees Recreation Association, e.g., "Iron Time Joggers", that would exercise during duty hours.
- d. Organize an off-duty exercise program wherein employees agree to follow faithfully a home exercise program. Here you must give the employees guidance but not necessarily physical examinations.

7. [] asked what films are available to stimulate a fitness program. Mr. Swengros informed that the Council has sponsored some eight films, some through the Department of Defense, that would be available. The PAA has also made a film.

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8. Dr. Pictjen asked if the Council advises on how an exercise facility should be used. Mr. Swengros answered in the negative.

9. [] suggested that in view of the Agency's space problem the "home exercise program" would be better for CIA.

10. Dr. Pictjen adjourned the meeting at 1530 hours by thanking Mr. Swengros and indicating that we would look into the programs of other agencies such as the FAA, and that we would meet again to discuss a specific proposal for an Agency Physical Fitness Program.

MS/Sec [] JV (13 Jul 64)

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